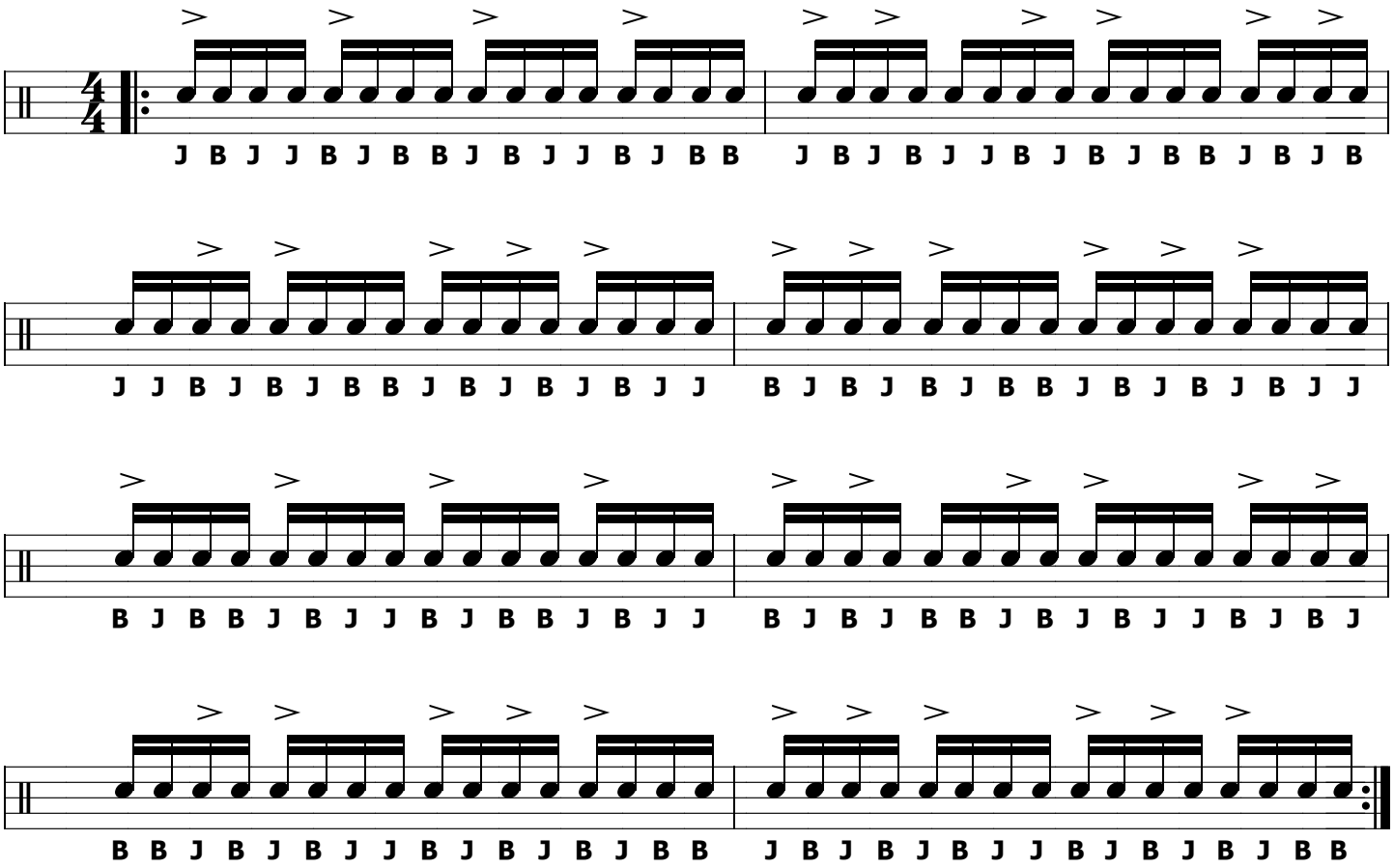NYOLCÜTEMES GYAKORLAT PARADIDDLE-VARIÁCIÓKKAL